WHAT IS CLAIMED IS:

1. A seal assembly comprising:

a support;

an outer seal extending circumferentially around a radially outer surface of the support; and

an inner seal extending circumferentially around a radially inner surface of the support.

- 2. The seal assembly according to claim 1 wherein the outer seal extends around an outer peripheral surface of the support.
- 3. The seal assembly according to claim 1 wherein the inner seal extends around an inner peripheral surface of the support.
- 4. The seal assembly according to claim 1 wherein the outer seal extends around an outer peripheral surface of the support, and wherein the inner seal extends around an inner peripheral surface of the support.
- 5. The seal assembly according to claim 4 wherein the support comprises a tubular member.
- 6. The seal assembly according to claim 1 wherein the support comprises an annular base member.
- 7. The seal assembly according to claim 6 wherein the inner seal is disposed at a radially inner edge of the base member.
- 8. The seal assembly according to claim 6 wherein the support further comprises an inner ledge extending from a radially inner side of the base member.

- 9. The seal assembly according to claim 8 wherein the inner ledge comprises an inner tubular member.
- 10. The seal assembly according to claim 9 wherein the inner tubular member includes a radially outwardly extending protuberance spaced apart from the base member.
- 11. The seal assembly according to claim 9 wherein the inner tubular member extends from a radially inner edge of the base member.
- 12. The seal assembly according to claim 11 wherein the inner seal is disposed at a radially inner edge of the base member opposite the inner tubular member.
- 13. The seal assembly according to claim 6 wherein the support further comprises an outer ledge extending from a radially outer side of the base member.
- 14. The seal assembly according to claim 13 wherein the outer ledge comprises an outer tubular member.
- 15. The seal assembly according to claim 14 wherein the outer seal is disposed around an outer peripheral surface of the outer tubular member.
 - 16. The seal assembly according to claim 6 wherein the support further comprises: an inner ledge extending from a radially inner side of the base member; and an outer ledge extending from a radially outer side of the base member.
- 17. The seal assembly according to claim 16 wherein the inner ledge comprises an inner tubular member, and wherein the outer ledge comprises an outer tubular member.
- 18. The seal assembly according to claim 17 wherein the inner tubular member includes a radially outwardly extending protuberance spaced apart from the base member.

- 19. The seal assembly according to claim 17 wherein the inner tubular member extends from a radially inner edge of the base member.
- 20. The seal assembly according to claim 19 wherein the inner seal is disposed at a radially inner edge of the base member opposite the inner tubular member, and wherein the outer seal is disposed around an outer peripheral surface of the outer tubular member.
- 21. The seal assembly according to claim 20 wherein the inner tubular member and the outer tubular member extend from a same side of the base member.
 - 22. An adapter assembly for a bicycle bottom bracket comprising:
 - a tubular adapter member having an inner peripheral surface;
 - a seal assembly comprising:

an annular base member;

an outer seal extending circumferentially around a radially outer surface of the base member and contacting the adapter member; and

an inner seal extending circumferentially around a radially inner surface of the base member.

23. The adapter assembly according to claim 22 wherein the seal assembly further comprises:

an inner ledge extending from a radially inner side of the base member; and an outer ledge extending from a radially outer side of the base member;

wherein the outer seal is disposed between the outer ledge and the inner peripheral surface of the adapter member.

- 24. The adapter assembly according to claim 23 wherein the inner seal is disposed at a radially inner edge of the base member.
- 25. The adapter assembly according to claim 24 wherein the inner ledge includes a radially outwardly extending protuberance spaced apart from the base member.

- 26. The adapter assembly according to claim 24 further comprising a bushing disposed at the inner peripheral surface of the adapter member and facing the inner ledge.
- 27. The adapter assembly according to claim 26 wherein the bushing includes a radially inwardly extending bushing protuberance.
- 28. The adapter assembly according to claim 27 wherein the bushing protuberance is disposed at a central portion of the bushing.
- 29. The adapter assembly according to claim 24 wherein the inner ledge and the outer ledge extend from a same side of the base member.
- 30. The adapter assembly according to claim 29 wherein the inner ledge comprises an inner tubular member, and wherein the outer ledge comprises an outer tubular member.
- 31. The adapter assembly according to claim 30 further comprising an annular bushing disposed at the inner peripheral surface of the adapter member and facing the inner tubular member.
- 32. The adapter assembly according to claim 31 further comprising a bearing disposed between the bushing and the inner tubular member.
 - 33. The adapter assembly according to claim 32 wherein the bearing comprises:
 - an inner bearing race;
 - an outer bearing race; and
- a plurality of ball bearings disposed between the inner bearing race and the outer bearing race.
- 34. The adapter assembly according to claim 33 wherein the bushing includes a radially inwardly extending bushing protuberance.

- 35. The adapter assembly according to claim 34 wherein the bushing protuberance is disposed at a central portion of the bushing.
- 36. The adapter assembly according to claim 33 wherein the bushing and the inner tubular member both are formed of a nonmetallic material.